## CLAIMS

1. A transferring method for transferring a thermal transfer sheet in which a hologram or a diffraction grating is laminated on a base material film, wherein

a direction of heating sequentially by a heat source of a minute area unit and a direction of recorded information for enhancing optical effects of the hologram or the diffraction grating coincide with each other.

- The transferring method according to claim 1, wherein the heat source is a heat generation element of a thermal head.
- 3. The transferring method according to claim 1, wherein the heat source is a laser.
- The transferring method according to any one of claims
  to 3, wherein

the hologram is a rainbow hologram.

5. The transferring method according to any one of claims 1 to 3, wherein

the hologram is a computer hologram in which a interference pattern is formed in an interference pattern forming range constructing a whole of the hologram, the interference pattern being composed of an element range as a unit obtained by slicing the interference pattern forming area in a horizontal direction.

6. A transfer object in which the hologram or the diffraction grating is transferred by the transferring method according to any one of claims 1 to 5.